

Conclusions and Recommendations

Despite the obvious threat from tobacco products to global health, many governments, particularly the developing countries Uganda inclusive, have not taken significant action to reduce its toll. This is because of the scale of the threat is underestimated, or because of a belief that little can be done to reduce consumption or due to limited research about tobacco and health. The Ugandan government like many governments is reluctant to take action because of concerns that tobacco control/regulations will have undesirable economic consequences.

Economics of tobacco Vs health: Cigarettes are cheap to make and enormously addictive, and are among the world's most profitable industries. Tobacco is the send cash crop and accounts for approximately US\$ 35 million foreign exchange. This economic addiction however, makes it difficult for governments to take adverse decision on the industry. Many vested interests have to be overcome to deal with the tobacco epidemic because its use among young people is increasing, affecting their health.

From the survey, it is evident that there is high prevalence of tobacco use among in-school young people in Uganda. Therefore, need for recommendations that specifically deter young people from tobacco use and protect never smokers, but also taking into account the adults.

- Educational programs and health promotion campaigns can serve a useful role in tobacco control, particularly in areas where dangers of tobacco use are not known. However, implementation of programs should be backed by strong public policies, which may prevent tobacco use among young people and/or behavioral change.
- Enact legislations to ban smoking from public places, such as hospitals, restaurants, markets, discos etc.
- Restrict the advertisement of cigarette smoking in print and electronic media –billboards, newspapers, radio, television and other promotional events like prize winning (include t-shirts, radios, flashlights), scholarships.
- Interventions for piloting cessation programs for schools and out-school youths which includes identification of relevant organizations and structures, inputs and processes for active adolescent involvement and participation, e.g. through peer educators, and other students' groups in school, churches, communities, etc. Parents, professional individuals- (teachers, health workers, community development and youth workers, welfare/probation officers, police, lawyers), and any other relevant adolescent friendly organizations e.g. the mass media, the local FM radio stations, willing to work for the health and welfare of adolescents, and to be key actors, should be motivated/prepared to advocate, and be trained in the necessary skills for creating and offering tobacco

- use prevention and cessation health education services, in accordance with the local and needs of adolescents.
- Increase taxation on tobacco products would be considered the most effective way to deter young people from initiating smoking and reduce consumption among current smokers. In turn, taxation will impose costs on adult smokers as they purchase cigarettes.